

COUNCIL ON AGING STAFF

“Successful Aging Through Senior Wellness”

SERVICES

- Information
- Outreach
- Nutrition
- Transportation
- Advocacy
- Health Clinics
- Monthly Newsletter**
- Daily Activities
- Computers
- Exercise Classes
- Yoga
- Tai Chi
- Card Games
- Craft classes
- Tax Work-Off Program
- Equipment Loans
- Supper Club
- Book Clubs
- Lending Library
- Supportive Day Trips
- Social Events
- Book Groups

Director:

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Trish Pembroke, Activities

HESSCO Mealsite: X211

508-359-3665 X 211

HESSCO

781-784-4944

The CENTER at Medfield
 Council on Aging
 One Ice House Road
 Medfield, MA 02052

PRSRRT STD U.S.
Postage Paid
Medfield
Permit No. 1

THE CENTER AT MEDFIELD
 ONE ICE HOUSE ROAD
 MEDFIELD, MA 02052
 MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-*7:00 P.M.
 FRIDAY 9:00-1:00 P.M.
 *WEDNESDAY SCHEDULE VARIES
508-359-3665



JUNE 2018

On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, spiritual needs of older individuals and their families during the aging process. The Council on Aging's goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members through their life journey.

Thoughts from Selectman Gus Murby:

This year's Annual Town Meeting left Medfield facing critical issues that are likely to have a significant impact on the direction the town takes in the years to come. The most direct impact involved passage of five spending articles that collectively present the town with the question of whether taxpayers are prepared to approve as much as \$3.2 million in override funding to support funding for five warrant articles that received approval at Town Meeting. If this entire amount is approved at the election to be held on June 11th, real estate taxes will jump by more than 10% in FY19. Less obvious, but more importantly, this outcome presents the town with the question of how it will define itself as a town going forward from here. The traditional spirit in Medfield where the town comes together during the budgeting process to collectively consider the needs of the entire town was not present in the process that culminated in this year's Town Meeting.

I have scheduled two public information sessions at the Center on Ice House Road on **Monday, June 4 at 6:30 p.m. and Tuesday, June 5 at 2:30 p.m.** to provide an overall debrief of the outcome of the Annual Town meeting, and to explain the five questions included on the ballot for the June 11th election. While all five questions involve approval of Proposition 2 1/2 overrides, there are three different types of overrides involved. It is important for voters to understand the specific differences between these three types of overrides. The intent of this session is to provide information that will help inform voters about the ballot questions they will be asked to consider at the June 11th election and to answer any other questions they have about the ballot questions or the articles considered at this year's Town Meeting. The sessions are not intended to be advocacy sessions pushing taxpayers one way or the other on the issues, but they are intended to help taxpayers feel more comfortable that the decisions they make at the June 11th election are well-informed. Medfield has become the town that it is because of the civic spirit and commitment of its citizens, past and present, who wanted a town that provided its residents with a great place to live and raise families. At the end of the day, it should be left up to the citizens to answer for themselves what should be done now to maintain that aspiration for Medfield.

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Mike Clancy, Gwynneth Centore, Perry Constas and Richard Ryder

If your label has a highlighted date on it- PLEASE RENEW

NEXT FOSI MEETING
Thursday,
June 7
at 12:00 P.M.



Buy a Brick
 Participating in the brick program is one way that you can support FOSI; the organization that supports many of the programs and wish list items for the COA. Order forms are available at the Center.

YARD SALE NEWS

Many of you may already know, but this past yard sale was the best in the history of FOSI sales. The sale generated over \$8000.00 and this is the most that the sale has EVER brought in. Not only did we do well, a generous family offered to match that amount! FOSI wants to thank the people who donated their gently used unwanted items, the people that worked to sort, clean, price and arrange our merchandise, all our shoppers, the DPW for providing the 2 dumpsters and electronic signage, the Salvation Army and New Life Home Refurnishing for taking away all the remaining items. Thank you everyone for supporting FOSI and making this sale a huge success!

Thank You For Your Donations to FOSI!

Phyllis Fitzpatrick, Gerald Shapiro, Charles Soufy Jr., Ed Kinnen, Gino Mariano, Lawrie and Irene Rhoads, Lorraine Egan, Rachel Abramson, Carmela Bergman, Nick Scalfarotto, William Mann in memory of Chris Rogers, Richard and Rose Thibault in memory of Evelyn Brown and Mildred Kneer in memory of William Kneer.

FRIENDS OF SENIORS, Inc. (FOSI)
Yearly suggested donation is \$15.00/person

DATE : _____
 NAME: _____ PHONE: _____
 ADDRESS: _____ EMAIL: _____
ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____
 Additional Donations: _____
 IN MEMORY OF: NAME _____
 IN HONOR OF: NAME _____
 Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center

<p><i>Thomas Upham House</i></p>  <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover's Top Choices for Skilled Nursing & Rehabilitative Services <i>Quality Care in a Home-Like Setting</i></p>	 <p><i>Roberta Mitchell Caruso</i> FUNERAL HOME</p> <p>508-359-2000 www.robertsmitchellcaruso.com</p>	 <p>Home Instead SENIOR CARE® <i>to us, it's personalsm</i></p> <p>386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338</p> <p>209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409</p> <p>Inspections, Auto repairs, Complimentary shuttle service.</p>
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EXERCISE CLASSES

Monday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
10:30 a.m. Exercise for Life 2- Beginner \$5/ class
12:30 p.m. Core Balance- Moderate \$5/ class

Tuesday:

9:30 a.m. Mat Yoga- \$3/ class
10:40 a.m. Chair Yoga- \$3/ class
1:30 p.m. Fitness Camp-\$5/ class

Wednesday:

9:30 a.m. Exercise for Life 1- Moderate \$5/ class
10:30 a.m. Exercise for Life 2- Beginner \$5/ class
3:00 p.m. Line Dancing-\$3/class

Thursday:

8:45 a.m. Strength, Stretch and Balance \$5/class
10:00 a.m. Zumba- \$5/ class
1:30 p.m. Fitness Camp \$5/class

Friday

10:00 a.m. Tai Chi-\$5/ class
11:15 p.m. Core Balance-moderate \$5/ class

INSTRUCTORS:

Kim Vareika (EFL) **Susan Dahl** (Yoga)
Jeanne Donnelly (Tai Chi, Core Balance)
Tracy Buckley (Strength, Strength & Balance)
Lourdes Fournier (Zumba) **Nancy Diduca** (Line Dancing)

AVAILABLE RESOURCES

Nursing Services- Leandra McLean R.N. from the Walpole VNA is available on the 1st Tuesday, **June 5** at 10:00 a.m.

Health Insurance Counseling - Call the Center for appointments on the 4th Monday of the month.

Elder Resource Center - Attorney Mary Roque will be available on **Wednesday, June 6** from 9:30 -10:30 a.m. for one-on-one consultations.

Selectman Office Hours- Osler Peterson holds monthly open office hours at the Center. Join him for conversation on Friday, **June 1** at 9:00 a.m.

Social Security/Financial Consultation- Call the Center to schedule an individual and confidential appointment with Jon Bicknell, CFP.

Life Coaching- Confidential appointments with David Mobley, L.I.C.S.W. are available.

RMV Near Me- The COA is offering RMV on-line services on Mondays from 1-3:30 p.m. Renew your license or registration or any other on line service.

Personal Finance and Medicare Consulting - Call the Center to schedule an individual and confidential appointment with Elaine Ficcardi, CPA.

**Some services may require an appointment.
Please call the Center at 508-359-3665**

Benefits of Exercise

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

EXERCISE PROGRAMS AT THE CENTER

Exercise for Life 1 and 2

Total body workout utilizing weights, aerobics and stretching exercises is offered every Monday and Wednesday. EFL1 is an intense and active program while EFL 2 provides a full body seated workout. Perfect for someone new to exercise or transferring out from a rehab program. Each class is \$5. EFL 1 at 9:30 a.m. and EFL 2 at 10:30 a.m.

Core Balance Class

Join the Core Strengthening Class on Mondays at 12:30 and Fridays at 11:15 p.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles) and teaches the body new strategies for keeping itself upright. Class is \$5.

Strength, Stretch, and Balance

Yoga with a twist will focus on breath awareness, fluid movements and gentle, yet challenging postures. All levels are welcome as are those more comfortable in chairs. Thursdays at 8:45 a.m. Class is \$5.

Fitness Camp

Individual instruction with a Certified Personal Trainer, with a focus on proper exercise and stretching techniques. Total physical well being is the goal of Fitness Camp on Tuesdays and Thursdays at 1:30 p.m. Class is \$5.

Tai Chi

Join our Tai Chi class Friday mornings at 10:00 a.m. Tai Chi is a slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. No experience necessary. Class is \$5.

Mat Yoga

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join this class on Tuesday mornings at 9:30 a.m. Class is \$3.

Chair Yoga

Enjoy the benefits of gentle chair yoga which provides instruction for beginners and those individuals who can not get down on the floor. Tuesdays at 10:40 a.m. Class is \$3.

ZUMBA Gold

Enjoy a Latin dance exercise on Thursdays at 10:00 a.m. This workout will use every muscle and you'll have fun doing it. Our instructor will keep your hips moving to the music. Class is \$5.

Line Dancing

Do not underestimate the benefits of line dancing on Wednesdays at 3 p.m. Class is \$3.

SUICIDE PREVENTION TRAINING

The newly-formed Medfield Coalition for Suicide Prevention ("MCSP") invites interested community members to attend a free suicide prevention training taught by Riverside Trauma Center on Saturday, June 16 at 10:30 a.m. at the Center. The training is intended to help address this public health crisis by raising awareness of suicidal behavior and teaching tools that can help prevent suicide. Older adults in particular are encouraged to attend, but the training is open to adults of all ages. Content will be broad and will cover suicide prevention across the lifespan. RSVP not required, but kindly appreciated. Please call the Center to sign up for this very important and informative training.

YMCA DIABETES PREVENTION PROGRAM PRESENTATION THURSDAY, JUNE 21 AT 12:30 P.M.

The YMCA's Diabetes Prevention Program is designed to support adults with pre-diabetes in reducing their risk for developing type 2 diabetes. This one year program, consisting of 25 sessions, provides a welcoming environment where participants work together in a small group to learn about healthier eating and increasing their physical activity. This classroom based program will be offered at the Center at Medfield this Summer/Fall, and is facilitated by a Y-USA trained Lifestyle Coach. The program includes a 12-week YMCA family membership to the YMCA. This program will be offered as a covered benefit to Medicare recipients - so there are no out of pocket costs to participate! Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71% in adults over age 60.

Program Goals: Reduce body weight by 7% and increase physical activity to 150 minutes per week

Who can participate?: Participants who qualify for the program must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value† or a clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy.

Participants will receive a notebook which contains worksheets and handouts for them to use in each of the sessions of the lifestyle intervention. Participants will also receive a weekly journal and be asked to track their food and physical activity during the program. The YMCA's Diabetes Prevention Program uses a Center for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program. A detailed presentation will be held on Thursday, June 21 at 12:30 p.m. for anyone interested in learning more and registering for this unique healthy opportunity.

Summer Cookouts

Summer is here and we have our cookout schedule set!! Hard to believe that our first cookout was June 23, 2010. We are starting our 8th year of summer cookouts and here is our line up: Bocce available all afternoon, Movie at 2pm, Bingo at 3:15 pm, Social hour at 4 pm and Dinner served at 5 pm along with music from 5-7pm. Cookouts are \$6/person and always a great time!

Wednesday, June 6- Sponsored by Roche Bros. and entertainment provided by Jeff Jarvis and be sure to look your best as he will be manning the "photo booth"!!

Wednesday, June 27- Sponsored by Rehabilitative Associates and entertainment by the big band sounds of Old Kids on the Block.

Wednesday, July 18- Sponsored by Home Instead Senior Care and entertainment by the talented Robert Black.

Wednesday, August 8- Entertainment by Mr. DJ, Tad Travis.

Wednesday, August 29- Entertainment by the Tune Timers Swing Band.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to the (60+) population of Medfield. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for an appointment.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, fuel assistance, care giver and low vision support groups are available through our Outreach Department with Lisa Donovan. Appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health and the Walpole VNA, a monthly wellness clinic with Leandra McLean, R.N. is available on the first Tuesday of the month from 10:00 a.m.-11:00 a.m. Stop in for information about your health concerns.

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

On-Site Meals

HESSCO provides a delightful lunchtime atmosphere every day beginning at 11:30 a.m. Reservations must be made 48 hours in advance. A \$3.00 donation is suggested.

Transportation

Transportation is available Monday through Friday for lunch and programs at the Center. Trips for personal shopping and medical appointments are also available. Call with your request.

SHINE

Our SHINE volunteer is available the fourth Monday of the month by appointment, for Medfield residents to assist with figuring out the health insurance maze.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first come, first serve basis for Medfield residents and are returned to the COA when no longer needed.

Supervised Companionship

On Tuesday and Thursday we offer a program for your loved one who cannot be left alone. Inquire at the desk about the program and give yourself a break!

Low Vision Group

As we age things change, including our vision. Join the ongoing Low Vision Group on the second Tuesday* of the month at 10:00 a.m. and learn about tips to improve your quality of life.

*Next meeting: Tuesday, June 12.

Caregiver Support Group

Share your experience, advice and support to others on **June 28 at 9:30 a.m.**

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up an appointment to discuss the options at the Center.

Recycling

The Center has containers to recycle your button cell batteries (watches, hearing aids, cameras, calculators, digital organizers). Simply bring them in and deposit into the container. We also have a box for eyewear through the Lions Club. Drop off your unwanted prescription glasses for recycling.

Large Print Newsletter

Pick up a large print copy of newsletter at the Center by request.

Kingsbury Club

Senior Swim on Monday and Friday from 10 -11 a.m. **Your COA scan card and a \$5 swim fee is required at each visit.** Available to Medfield COA member only.

LOW HEARING SUPPORT

Call Susan Bernstein at 508-359-3665 X203 for information on the Low Hearing Group schedule.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. RMV Near Me is available on Monday afternoons at the Center.

We are always striving to be better. Your suggestions and comments help us to improve what we do!

REGULAR ACTIVITIES

Fit to Knit - Wednesday at 2:00 p.m.
 Quilting Fun - Monday at 9:30 a.m.
 Duplicate Bridge - Tuesday 12:00 p.m.
 EFL 1 - Mon. Wed. 9:30 a.m.
 EFL 2 - Mon. Wed. 10:30 a.m.
 Mat Yoga -Tuesday at 9:30 a.m.
 Chair Yoga - Tuesday at 10:40 a.m.
 Whist - Wednesday at 12:30 p.m.
 Woodcarving - Thursday 9:00 a.m.
 Tai Chi - Friday at 10:00 a.m.
 Bingo - Check calendar
 Movies - See calendar
 Poker Club - Thursday at 1:00 p.m.
 Computer Support - By appointment
 Zumba - Thursday at 10:00 a.m.
 Core Balance - Mon.12:30, Fri. 11:15.
 Hand N Foot Game - Mon./Fri. 10a.m.
 Fitness Camp - Tues./Thurs 1:30 p.m.
 Cribbage - Wednesday at 12:00 p.m.
 Beginners Cribbage- Mon. 12 p.m.
 S,S & B - Thursday at 8:45 a.m.
 Great Books- 1st Monday 1:00 p.m.
 Line Dancing- Wednesday at 3:00 p.m.
 Mah Jongg- Monday at 1:30 p.m.
 Canasta- Thursdays at 1:00 p.m.
 3-Thirteen- Monday at 2:00 p.m.
 SCAT- Wednesday at 11:30 a.m.

Movies at the COA
 Wednesdays at 2 p.m. and
 Saturdays at 10:30 a.m.
 with your host Joan Lee!

Wed., June 6 & Sat. June 9
DENIAL- Acclaimed writer and historian Deborah E. Lipstadt must battle for historical truth to prove the Holocaust actually occurred when David Irving, a renowned denier, sues her for libel.

Wed., June 20 & Sat. June 23
MOLLY'S GAME - The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.

Check with the front desk for other Saturday movies.

Please sign up for planning purposes!

Chickie Flynn's luncheon is scheduled for Thursday, June 28. Cost of transportation and lunch is \$5 and the bus leaves at 11:10 a.m.



SENIOR ARCHERY

On the Mark Archery, a mobile archery company that serves individuals, recreation departments, schools and non-profit groups across Massachusetts will be at the Center on Monday, June 18 from 2-3:30 p.m. to offer a special free trial archery introduction event. The unique experience of shooting a traditional recurve bow combines physical health benefits like muscle memory, posture and flexibility with mental focus and concentration.

Step out of your comfort zone and try something new and different! Sign up for this new and exciting program trial on Monday, June 18 at 2:00 p.m.

SHREDDING SERVICE
 The Shredding Service is a courtesy to help people with their excess papers. Your donations are appreciated!

ROMEO OUTING
 Travel to the Attleboro Area Industrial Museum and lunch (TBD) on Friday, June 15. The bus will leave at 11 am and is limited to 14 gentlemen!

JULIET OUTING
 OH, JULIETS, JULIETS WHERE SHALL WE GO?
 On June 22, let's gather and enjoy a delightful lunch together. Please submit your suggestions on or before June 15 and we will decide! Limited to 11 women and the bus will leave at 11:30 a.m.

Low Hearing Support Group
 Join us on Thursday June 7th at 10am to discuss issues pertaining to problems you or a loved one might be having with a hearing loss. We will have Tina Roberts, M.S., CCC-A from Speech-Language and Hearing Associates of Greater Boston to facilitate the discussion and answer your questions. Possible topics for discussion might include hearing aid options, what to look for when buying a hearing aid and how to get used to wearing a hearing aid. Please let Susan know if you will be able to join us by calling 508-359-3665.

Please join us on Saturdays from 10am-3pm and be sure to scan in!!

HAPPY BIRTHDAY
 We wish you much pleasure and joy; We hope all of your wishes come true. May each hour and minute of your special day in **June** be shared with the staff of the COA!

Join us on **Tuesday, June 19** at 11:30 for our Birthday celebration.

Caregiver Support Group

Come share your experience, advice, and support to other caregivers. Our group meets **Thursday, June 28 at 9:30 a.m.** in our Library. We will also be visiting the assisted living facility in Ashland, The Residence at Valley Farm on **Thursday, June 21 leaving at 10:00 a.m.** Please contact Lisa Marie Donovan, Outreach Coordinator at (508) 359-3665 to RSVP for the assisted living visit and or with any questions or concerns.

MEDFIELD FOOD PANTRY

Keep in mind we started collecting for the food pantry as a way to give back. It was suggested that each month each person coming into the Center bring in one (1) item. If this were to happen we should have over 350 items in our bin each month!

June requests: juice boxes, peanut butter, jelly, kid-friendly cereal, snack bars

2018 Day Trips

Wednesday, July 11- Spirit of Boston Harbor Cruise and Lunch. Coach bus leaves at 9am \$84/pp

Thursday, August 16- Bull and Claw Lobster Bake in Maine. Coach bus leaves at 8:30 am. \$84/pp

Thursday, September 20- Granite State Chocolate and Wine Tour. Coach Bus leaves at 8:30 am \$79/pp

Thursday, October 11- The Old Mill and Tower Hill Gardens Foliage Special. Bus leaves at 9am \$79/pp

Monday, December 31- New Year's at Noon Boston Odyssey Harbor Cruise. Coach bus leaves at 9:30am cost is \$89/pp



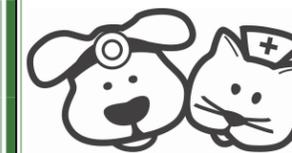
Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
 South Natick MA
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"Quality care
 in a homelike setting"



MEDFIELD
 veterinary clinic

Medfield
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 & Sports



Therapy
 Medfield Professional Building
 5 North Meadows Road
 Medfield, MA 02052
508-3599-9119

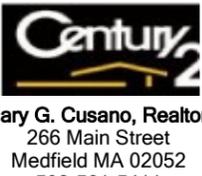
CASTLE ISLAND
 is scheduled for
Thursday, June 7. The
 bus leaves at 10:00 a.m.

TWIN RIVERS
 is scheduled for
Tuesday, June 26. The
 bus leaves at 10:00 a.m.

Both trips limited to 14 people and is \$5 pp.



Mary G. Cusano, Realtor
266 Main Street
Medfield MA 02052
508-561-5411



Mary.Cusano@CommonMoves.com
www.TheCusanoTeam.com



The CENTER Hair Salon with Ginny Viles
Mon. & Wed. 9 a.m.-2 p.m.
and Fri. 9 a.m.-12:30 p.m.
Appointments are required.
Men's cut- \$10
Women's wash & blow dry- \$12

ROCKLAND TRUST Where Each Relationship Matters

Cheryl O'Donnell
Branch Manager
76 North Street
Medfield MA 02052 508-359-7366



Thank you Chickie Flynn's for hosting the Medfield COA each month for the past 7 years!

YOUR CARE. YOUR CHOICE.
Ask for us by name.
100+ years of serving MetroWest & beyond
Contact our Care Coordinators today!
508-653-3081
WWW.NATICKVNA.ORG

★★★★★
Rated a 5-star agency by Centers for Medicare and Medicaid

NATICK VNA
100 years of caring Medfield & beyond

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180 Main St., Walpole, MA

MOVE-IN OFFER
Just For You

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CALL FOR DETAILS | **508-375-7367**

Pat Maloney
Independent Elder Advocate
Medfield, MA
Phone: 508-341-8684
psmaloney@verizon.net

Monday Shopping Trips
Market Basket- June 4
Dollar Store- June 18
Natick Wegman's - June 25

Play Mah Jongg every Monday at 1:00 p.m. and on Wednesday, June 13 & 20 at 1:30 p.m. and Saturdays at 1:00

Thomas fami dent
Senior Discounts Available

Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.

**Five North Meadows Road
Medfield MA 02052
508-359-6600**

THE CENTER SALON
Make your appointment for hair removal services with Lisa Mario on **TUESDAY, June 12**

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAVE A VOICE! BE PART OF YOUR COMMUNITY... REMEMBER TO VOTE ON JUNE 11</p>	<p>Be sure to sign up for our cookouts. We will stop taking reservations on the Monday before the event. Sign up early and be prepared to have a great time!</p>	<p>SUICIDE PREVENTION TRAINING SATURDAY, JUNE 16 AT 10:30 A.M. SIGN UP TODAY!!</p>	<p>CORE BALANCE MOVES FROM THURSDAYS TO FRIDAYS AT 11:00 A.M.</p>	<p>1. TURKEY STEW 9:00 ROCHE BROS 9:00 SALON SERVICES 9:00 SELECTMAN'S OFFICE HOUR 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:30 ZUMBA 10:30 YOGA 10:30 MOVIE 12NOON LUNCH 1:00 BINGO</p>
<p>4. CHICKEN 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 11:30 LUNCH 12:00 BEGINNERS CRIBBAGE 12:15 MARKET BASKET 12:30 CORE BALANCE CLASS 12:30-3 NEW YEAR NEW YOU -SUCCESSFUL 1:00 MAH JONGG 2:00 3-13 CARD GAME</p> <p>6:30 PM TOWN MEETING RECAP WITH SELECTMAN GUS MURBY</p>	<p>5. SWEDISH MEATBALLS 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 TILDEN VILLAGE OUTREACH 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 VIDEO CLASS</p> <p>2:30 TOWN MEETING RECAP WITH SELECTMAN GUS MURBY</p>	<p>6. SOUP & SANDWICH COOKOUT #1 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 9:30 EXERCISE FL 2 10:30 COA BOARD MEETING 11:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT</p> <p>2PM MOVIE 3PM LINE DANCING 3:15 BINGO 4PM SOCIAL HOUR 5PM DINNER MUSIC BY JEFF JARVIS</p>	<p>7. STUFFED SHELLS 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 LOW HEARING SUPPORT GROUP 10:00 CASTLE ISLAND 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:00 FOSI MEETING 1:00 POKER CLUB AND CANASTA 1:00 GREAT BOOKS DISCUSSION GROUP 1:30 FITNESS CAMP</p> <p>Join the discussion on <i>The Biography of Malcolm X</i> at 1:00 pm</p>	<p>8. POTATO POLLOCK 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 10:30 CIRCUIT TRAINING 10:30 MOVIE 11:30 CORE YOGA 12NOON LUNCH 1:00 BINGO</p>
<p>11. NO LUNCH SERVED VOTING 6AM-8PM CALL FOR TRANSPORTATION 9:00 SALON SERVICES 9:30 QUILTING FUN 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 COFFEE & CONVERSATION 10:00 HAND 'N FOOT CARD GAME 12:00 BEGINNERS CRIBBAGE 1:00 MAH JONGG / SHINE APPOINTMENTS 2:00 3-13 CARD GAME</p> <p>7AM BUS LEAVES FOR JERSEY SHORE!</p> <p>NO EXERCISE CLASSES TODAY!!!</p>	<p>12. BEEF BORDELAISE 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 LOW VISION MEETING 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP 1:30 ESTHETICIAN</p>	<p>13. CHIX PICCATA 9:00 SALON SERVICES 9:00 SHAW'S 9:30 LEGAL CLINIC 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH / SCAT 12:00 CRIBBAGE 12:30 WHIST 1:30 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15</p>	<p>14. FRENCH MEAT PIE 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 LADIES' BRIDGE 1:00 POKER CLUB 1:00 CANASTA 1:30 FITNESS CAMP</p>	<p>15. BBQ PORK PATTY 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 ROMEO OUTING 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:30 ZUMBA 10:30 YOGA 10:30 MOVIE 10:30 SUICIDE PREVENTION 12NOON LUNCH 1:00 BINGO</p>
<p>18. BEEF & CABBAGE 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 BEGINNERS CRIBBAGE 12:15 DOLLAR STORE 12:30 CORE BALANCE 1:00 MAH JONGG 1:30-3 RMV SERVICE 2:00 3-13 CARD GAME</p> <p>2-3:30 ON THE MARK ARCHERY TRIAL</p>	<p>19. CHIX CACCIATORE 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 BIRTHDAY LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>20. CHEESE BURGER 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 1:30 MAH JONGG 2:00 FIT TO KNIT 3:00 LINE DANCING 3:15</p>	<p>21. ROAST TURKEY 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER FIELD TRIP 10:00 ZUMBA 11:30 LUNCH 11:30 LADIES' BRIDGE 12:30 DIABETES PREVENTION PRESENTATION 1:00 POKER CLUB AND CANASTA 1:30 FITNESS CAMP</p>	<p>22. BROCCOLI BAKE 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:00 JULIET EVENT 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:30 ZUMBA 10:30 YOGA 10:30 MOVIE 12NOON LUNCH 1:00 BINGO</p>
<p>25. SAUSAGE w/ PEPPER & ONION 9:00 SALON SERVICES 9:30 QUILTING FUN 9:30 EXERCISE FL 1 10:00 COFFEE & CONVERSATION 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT CARD GAME 10:30 EXERCISE FL 2 12:00 BEGINNERS CRIBBAGE 11:30-3 RMV NEAR ME BY APPOINTMENT 12:15 WEGMAN'S IN NATICK 12:30 CORE BALANCE 1:00 MAH JONGG 2:00 3-13 CARD GAME 1:00 SHINE APPOINTMENTS</p>	<p>26. SOUP & CHICKEN 9:00 THE CLUB PROGRAM 9:30 MAT YOGA 10:00 TWIN RIVERS 10:00 FIX-IT SHOP 10:40 CHAIR YOGA 11:30 LUNCH 12:00 DUPLICATE BRIDGE 1:30 FITNESS CAMP</p>	<p>27. MEATLOAF 9:00 SALON SERVICES 9:00 SHAW'S 9:30 EXERCISE FL 1 10:30 EXERCISE FL 2 11:30 LUNCH 11:30 SCAT 12:00 CRIBBAGE 12:30 WHIST 2:00 FIT TO KNIT</p> <p>2PM MOVIE 3PM LINE DANCING 3:15 BINGO 4PM SOCIAL HOUR 5PM DINNER MUSIC: OLD KIDS ON THE BLOCK</p>	<p>28. MAC & CHEESE 8:45 STRENGTH/STRETCH/BALANCE 9:00 THE CLUB PROGRAM 9:00 WOODCARVING 9:30 CAREGIVER SUPPORT GROUP 9:00 WOODCARVING 10:00 ZUMBA 11:10 CHICKIE FLYNN'S 11:30 LUNCH 11:30 LADIES' BRIDGE 1:00 POKER CLUB 1:00 CANASTA 1:30 FITNESS CAMP</p>	<p>29. BAKED SALMON 9:00 ROCHE BROS 9:00 SALON SERVICES 10:00 KINGSBURY CLUB SENIOR SWIM 10:00 HAND 'N FOOT 10:00 TAI CHI 11:15 CORE BALANCE 11:30 LUNCH 1:00 COA CLOSSES</p> <p>OPEN SATURDAY 10-3 9:30 ZUMBA 10:30 YOGA 10:30 MOVIE 12NOON LUNCH 1:00 BINGO</p>

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ZUMBA

A four-week session of the Latin dance exercise, ZUMBA, begins on Saturday, June 2 at 9:30 a.m.

Instructor, Lourdes Fournier will lead this 4 week class and as always our classes are \$5 and open to all !!!

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Coffee and Conversation on the Patio

Please join us on Monday mornings at 10am for a new group being offered at the Center, Coffee and Conversations. This group is designed to promote conversation, camaraderie and an opportunity to pose questions to like-minded individuals about life - where you've been, challenges you may now face, obstacle that you have overcome and where you would like to be!

Come have a cup of coffee and share your wisdom!

Wednesday, July 11
Spirit of Boston Harbor Cruise and Lunch
Coach bus leaves at 9am
\$84/pp

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